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News worth sharing.

Opinions differ as budget talks begin

Police funding request, shortfalls in other areas could cause tax rate to rise from previously set five per cent
Mayor continues support for tight budget Budget discussion to go all week

KATIE TURNER
@METRONEWS.CA

Heading into a week of city budget deliberations, some aldermen say there are areas of the budget where cuts can't be absorbed, but Calgary's mayor seems to disagree.

Topping the list of council priorities will be a $5.1-million funding request for the police budget. Many aldermen have argued the hike is necessary to keep up with a growing city.

"If it means we have to go higher in order to keep the budget for the police in place, then I will likely support that," said Ald. Jim Stevenson yesterday.

Mayor Naheed Nenshi, however, issued a release late yesterday disagreeing with the police request and expressing frustration over circumstances surrounding the budgets for both snow removal and transit.

"I strongly believe that the five-per cent increase is fair, that it strikes the right balance and that we should fight to keep it (or as close to it as we can)," Nenshi said.

Ald. Ray Jones, meanwhile, said he will fight to maintain residential snow clearing — funding he long advocated for.

"I don't see how (the tax rate) can't go up," he said.

More on budget debate {page 4}

Balloon. Lion

▶ Maddie Tudor, 3, looks over a balloon lion with mother, Claire Richards, and sister, Rachel.

JEREMY NOLAIS/METRO

Families celebrate, support foundation

Hundreds gathered at the Westin Hotel yesterday in support of the Make-A-Wish Foundation and to experience some of the magic offered by the group. Balloon animals, face-painting, life-size bowling alleys and ice queens on stilts were among the highlights. For more information about the foundation, visit makeawish.ca/chapter/southern_alberta.

Pooch

To the pup's rescue

Injured Chihuahua has new home in Calgary {page 6}

Looking for answers

Pepper-spray incident in U.S. leads to investigation {page 10}

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Push feds for rec centre cash: Alderman

More community pressure is needed to sway Ottawa into announcing a decision on funding for four Calgary recreation centres, says an alderman growing tired of the wait.

Shane Keating of Ward 12 met last week with several representatives involved in planning for the three long-awaited centres in the southeast and another in the northwest.

City council opted last year to go the route of a public-private partnership, and rumours suggest an Ottawa agency made a formal decision on the application in March.

Whispers among local proponents indicated a decision worth roughly $82 million would be made public in early September, but the feds kept quiet.

"It may be time to ramp up a public campaign to give the federal government a little pry bar under the files on their desk," Keating said.

No one was available for comment at the federal level despite inquiries made over three days to press representatives for Calgary Southeast MP Jason Kenney.

Shane Byciuk, a local father of a toddler and president of the Cranston Community Association, admitted the funding application process has been frustrating.

"I always joke, he's two but I would like to see him be able to use (the facilities) before he's a teenager," Byciuk said, referring to his son, Kyron. JEREMY NOLAIS

METRO FILE

Police working Check Stops could soon be given new administrative powers to crack down on drivers with a blood-alcohol level greater than .05.

Public has the wrong idea about impaired law: Police

New legislation coming today will stiffen penalties Police already have power to crack down on drivers with .05 blood-alcohol reading

JEREMY NOLAIS
@METRONEWS.CA

Calgary police working on the front lines to nab impaired drivers say they believe public misperceptions are fuelling criticism of strengthened drunk-driving laws being introduced at the start of the province's new legislative sitting.

Premier Alison Redford's government plans to introduce new measures targeting drunks when the legislature reconvenes today. These could include new penalties for drivers with a blood-alcohol reading of greater than .05 as well as repeat offenders.

But Const. Brad Norman says public perception of the law is that the blood-alcohol limit is being lowered, which is not true.

His Check Stop unit routinely hands out 24-hour suspensions to drivers who blow over .05.

"This is just bumping up the penalty," he said of the law, which could introduce an added $200 fine and three-day suspension for the .05 violation. "Nothing is being lowered."

Norman and his peers say much of the confusion stems straight from the news headlines. A quick Google News search reveals dozens of articles referring to Alberta legislation aimed at "lowering" the blood-alcohol limit.

Sgt. Joerg Gottschling of the traffic section also takes issue with the notion that the new measures will ruin the occasional after-work beer or glass of wine with dinner.

"If you actually just have two drinks, there's no way on God's green Earth you would blow .05, unless you weigh 45 pounds and haven't had food for three days," he said.

Sober thoughts

- **The average human body** can eliminate the amount of alcohol in a 355-millimetre can of beer every hour. But that can vary depending on a number of factors including gender, weight and whether food has been consumed.
- **The impairment** legislation being introduced today could be the harshest in Canada, Alberta's transportation minister said this month, but no details have been released.

1 news

Pakistan's Christian community is small, but the Muslim country's newest church is anything but. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

In the wake of violence in Cairo's Tahrir Square, Defence Minister Peter MacKay calls on the world to join him in offering support for democracy in the Middle East. Video at metronews.ca/canada

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The latte factor

If you had the choice between purchasing one gourmet cup of coffee every month or putting that money towards improved city services, which would you choose?

Jeremy Filipenko
I would give up the coffee, absolutely.... I think we can spend a little more money, not just on basic infrastructure like making the roads better, but also just making (Calgary) a more interesting place.

Anne Plasterer
I guess I would have to feel comfortable with what the city services are and if I was going to benefit from them. Like if they said you'd definitely get better snow removal for example, I would be willing to do that.

Marsha Stewart
The tax hike — I don't think it's necessary. I think if they better managed the money, we wouldn't need this tax hike.... I'm not for it, I'd rather go with a cup of coffee.

Yves Mutiganda
My point of view is the increase is reasonable.... We don't want to lose our police service and basic emergency services.

Opposing sides set to debate city budget

- Budget deliberations will begin in earnest today and run until Friday
- Members of the public can make submissions to city council

KATIE TURNER
@METRONEWS.CA

Lines appear to have been drawn in the sand as the mayor's view of this year's budget situation seems starkly different from those of some of his council counterparts.

Despite setting an indicative tax rate earlier this year that would see taxes boosted monthly by $5.50 in 2012, $5.90 in 2013 and $6.70 in 2014, several aldermen believe more money is required to maintain levels of service.

"I'm looking at a slightly higher increase for things such as public safety, transit and traffic and snow removal," said Ald. Richard Pootmans. "(The cuts) are a little too deep on those three areas."

In a Sunday-evening media release, Mayor Naheed Nenshi said the city has already found $100 million in efficiencies, including $45 million that hasn't impacted frontline services. Snow and ice control and transit came under fire from the mayor, calling their respective budgets, "somewhat frustrating," and "surprising."

Mayor Nenshi believes council can keep the proposed tax increase in line with citizen expectations.

Ald. Shane Keating said this budget sets the tone for council moving forward.

"We have to stay where we are, and the main reason is, what this budget for the next three years is going to allow us to do is sit down and identify the actual structure of the organization," he said. "If we just up the ante right now and increase the tax base, I don't think we're going to go through that process because it will just be status quo."

METRO FILE

▶ Calgary city council will comb through the budget documents this week.

Tax increase

- The preliminary budget was released on Nov. 9
- Calgarians were invited to participate in the budget process earlier this year through the city's public-consultation process.
- Ald. Gord Lowe has proposed a tax-rate increase of eight per cent in 2012 and six per cent in both 2013 and 2014.
- Lowe's proposal would mean a rough monthly increase of about $8.50 in 2012 and $7 in 2013 and 2014.
- The average annual municipal property tax levy is around $1,300.
- Members of the public can make submissions to council.

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Pooch on wheels finds Calgary home

Gracious animal advocate and her numerous pets welcome injured Chihuahua with open arms

JEREMY NOLAIS
@METRONEWS.CA

Previously down on his luck, a resilient pup has rolled his way into a new Calgary home ... and the heart of his new owner.

Known as Duke, the two-year-old Chihuahua has endured attacks by both a coyote and hawk, suffering extensive injuries that left his back two legs unusable.

Unable to afford pricey vet bills, his owners in Lacombe outfitted Duke with a set of wheels to replace his back two legs, but quickly realized they would no longer be able to give him enough care and attention.

Luckily, Calgary's Heather Anderson, founder of animal rights advocacy group The Daisy Foundation, has come to the rescue.

Duke moved into Anderson's humble abode earlier this month and has quickly made friends with a canine named Colt, who lost a leg as result of a gunshot wound.

"He's got this spirit you wouldn't believe," Anderson said. "He's incredible. I truly believe he has come into my life for a reason."

Duke's previous owner, Valerie Parish, spent months searching for a new home for him with the help of a complete stranger and Good Samaritan, Edmonton's Carol Gallant.

"I couldn't be happier," Parish said of Duke's new abode. "It was a long road but knowing where he went has made it all worthwhile."

To view a video of Duke in action, visit metronews.ca/calgary

JEREMY NOLAIS/METRO

▶ Heather Anderson tends to Duke inside her Calgary home.

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PETER LOUGHEED HOSPITAL

Shooting victim turns up at hospital

Police are investigating after a man suffering from gunshot wounds reportedly turned up at a local hospital.

Few details are being released about the injured individual, but police indicated they have had prior dealings with him.

Investigators scoured over what was believed to be the scene of the shooting yesterday in the 4800 block of 17th Avenue Southeast.

The victim turned up at the Peter Lougheed hospital around 4 a.m., officials said.

Police said they have not yet identified any suspects.

METRO

City has attractive real estate

New survey results have placed Calgary among the top Canadian cities when it comes to real-estate value. The Emerging Trends in Real Estate survey gained input from 950 executives and found Calgary to be behind only Toronto and Vancouver when it comes to perceived attractiveness of housing.

METRO

Knittin' for the Inn

KATIE TURNER/METRO

▶ Linda Marlow-Thomson, owner of Original Linda's Designs at the Calgary Farmer's Market, hosted a knit-in yesterday to collect handmade items for Inn From The Cold.

More than 100 handmade items like mittens, blankets, donated

KATIE TURNER
@METRONEWS.CA

Several Calgary ladies have found a hands-on way to give back to the community.

It was a knitting frenzy yesterday at the Calgary Farmer's Market as one vendor hosted a knit-in to collect hand-made clothing for guests at Calgary's Inn From The Cold shelter.

"It's getting cold and Inn From The Cold needed things so I thought, this is great," said Linda Marlow-Thomson, owner of Original Linda's Design. "Ladies that knit love to knit together and they love to knit for charity."

By mid-afternoon the donation had filled several shelves with more items still on the knitting needles.

Knit-in plans

- Linda Marlow-Thomsom said she's hoping to hold more knit-ins in the future.
- She will continue to accept donations at her booth.

"Inn From the Cold ... it's a charity that's near to our hearts," said Debbie Aylesworth, who was knitting a scarf alongside her mom.

Inn spokesperson, Bonnie Elgie said the effort highlights The Littlest Things campaign, which proves even small gestures go a long way.

"So many of our guests come to us without anything, and so you can imagine, on a weekend like this, when it's been so cold, how appreciated it is to get some new, warm clothing."

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THOMAS K. FOWLER/THE ASSOCIATED PRESS

▶ In this image made from video, a police officer uses pepper spray as he walks down a line of Occupy demonstrators sitting on the ground at the University of California, Davis on Nov. 18. The video – posted on YouTube – was shot as police moved in on more than a dozen tents erected on campus and arrested 10 people, nine of them students.

Pepper spray use investigated

Twitter, Facebook comments criticize police action

A California university placed two of its police officers on administrative leave yesterday because of their involvement in the pepper spraying of passively sitting protesters, while the school's chancellor accelerated a task force's investigation into the incident amid calls for her resignation.

The president of the 10-campus University of California system also weighed in on the growing fallout from Friday's incident at UC Davis, saying that he is "appalled" at images of students being doused with pepper spray and plans a far-reaching, urgent assessment of law-enforcement procedures on all campuses.

"I implore students who wish to demonstrate to do so in a peaceful and lawful fashion. I expect campus authorities to honour that right," UC president Mark G. Yudof said. All 10 chancellors would convene soon for a discussion "about how to ensure proportional law-enforcement response to non-violent protest," he said.

Officials at UC Davis refused to identify the two officers who were placed on administrative leave but one was a veteran of many years on the force and other "fairly new" to the department, the school's police Chief Annette Spicuzza told The Associated Press. She would not elaborate further because of the pending probe.

Videos posted online of the incident clearly show one riot-gear-clad officer dousing the line of protesters with spray as they sit in a line with their arms intertwined. Spicuzza told the AP that the second officer was identified during an intense review of several videos. **THE ASSOCIATED PRESS**

View the video online at metronews.ca.

Some Occupy campers have full-time jobs

SHELLEY WILLIAMSON IN EDMONTON

SHELLEY WILLIAMSON/METRO

▶ Brooke B. and her dog Bill warm up in an Occupy Edmonton tent between shifts.

Occupy Edmonton wants to clear up a misconception.

Of the core group of regular campers at Jasper Avenue and 102 Street site, five or six are full-time students and another five leave daily for full-time jobs, said a spokesperson.

"I am in my last year of political science and then plan to go to law school," said Mahad Mohamed, 23.

One member juggling Occupy camp duties and working full-time is Brooke B., a former Westin chef who now waits tables at night.

She's also a mom of two and hung up her chef's jacket — and its 60-hour work weeks — to raise her kids, aged nine and a year and a half. She also pays taxes. Brooke said she was bothered by comments posted online in response to a news story recently, saying the protesters should all get jobs.

"It's a logical fallacy," said Brooke. "But it's frustrating.... We're here holding this ground so we can get this message to more people."

She stays full-time at the camp, with her partner and kids, since they winterized.

"I've always felt that there were gross inadequacies in our society. This movement just resonated. It's time," said Brooke.

Asbestos export causes Tory dissent

A growing number of Conservative MPs are questioning their government's position on the export of asbestos, with a group of them independently summoning industry experts to a meeting on Parliament Hill last week.

Solid caucus discipline has been one of Stephen Harper's political achievements. **THE CANADIAN PRESS**

Prison plan angers town residents

In one of South Florida's upscale, rural enclaves, town leaders decided to bring in much of their money from an unusual business: a prison.

Only the leaders of Southwest Ranches kept their plans quiet from residents for almost a decade. Many residents found out this year, and they're angry. **THE ASSOCIATED PRESS**

Activists to hound Davos summit

Activists inspired by the Occupy Wall Street movement say they will follow the world's political and business elite to their annual Alpine retreat in Switzerland in January.

Left-wing groups in Switzerland say their plans include building an igloo camp outside the World Economic Forum in Davos. **THE ASSOCIATED PRESS**

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Egyptian protesters battle police, soldiers

- People fear stalwarts of Mubarak's party could win seats in elections
- Concern over plan to shield military from any civilian oversight

TARA TODRAS-WHITEHILL/THE ASSOCIATED PRESS

▶ A protester gestures during clashes with Egyptian riot police, not seen, near the interior ministry in Cairo yesterday.

Egyptian soldiers and police set fire to protest tents in Cairo's Tahrir Square and fired tear gas and rubber bullets in a major assault yesterday to drive out thousands demanding that the military rulers quickly transfer power to a civilian government. At least 11 protesters were killed and hundreds were injured.

It was the second day of clashes marking a sharp escalation of tensions on Egypt's streets a week before the first elections since the ouster of longtime authoritarian leader Hosni Mubarak in February. The military took over the country, promising a swift transition to civilian rule. But the pro-democracy protesters who led the uprising have grown increasingly angry with the ruling generals, and suspect they are trying to cling to power even after an elected parliament is seated and a new president is voted in.

Street battles continued throughout the day and long into the night, spreading to side streets and sending a wave of injuries to makeshift clinics on the streets.

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Riot police throw stones at protesters. Violence resumed yesterday after police fired tear gas and rubber bullets to try and clear about 5,000 protesters at Tahir Square.

The military-backed Cabinet said in a statement that elections set to begin on Nov. 28 would take place on time and thanked the police for their "restraint," language that is likely to enrage the protesters even more.

"We're not going anywhere," protester Mohammed Radwan said after security forces tried unsuccessfully to push the crowds out of Tahrir, the epicenter of the uprising. "The mood is good now and people are chanting again," he added after many of the demonstrators returned.

"We have a single demand: The marshal must step down and be replaced by a civilian council."
AHMED HANI, PROTESTER

The two days of clashes were some of the worst since the uprising ended on Feb. 11.

They were also one of only a few violent confrontations to involve the police since the uprising. The black-clad police were a hated symbol of Mubarak's regime and after the uprising, they have largely stayed in the background while the military took charge of security.

The military, which took over from Mubarak, has repeatedly pledged to hand power to an elected civilian government, but has yet to set a specific date. The protests over the past two days have demanded a specific date be set.

According to one timetable floated by the army, the handover will happen after presidential elections late next year or early in 2013. The protesters say this is too long and accuse the military of dragging its feet. They want a handover immediately after the end of the staggered parliamentary elections, which begin on Nov. 28 and end in March.

THE ASSOCIATED PRESS

Libya to try Gadhafi's son Seif at home

MICHAEL KAPPELER, DAPD/THE ASSOCIATED PRESS FILE

▶ Seif al-Islam Gadhafi

Libya's new leaders said Sunday they will try Moammar Gadhafi's son at home and not hand him over to the International Criminal Court where he's charged with crimes against humanity. The government also announced the capture of the toppled regime's intelligence minister, who is also wanted by the court.

However, the former rebel faction that captured Seif al-Islam Gadhafi a day earlier is refusing to deliver him to national authorities in Tripoli, raising concern over whether he will get a proper trial and demonstrating the interim leaders' weak hold over their fractured nation.

In the capital, Information Minister Mahmoud Shammam said ex-intelligence minister Abdullah al-Senoussi was captured yesterday by revolutionary fighters. **THE ASSOCIATED PRESS**

NEW YORK

Alleged bomb plotter arrested

Mayor Michael Bloomberg yesterday said an "al-Qaida sympathizer" who allegedly plotted to bomb police and post offices in New York City as well as U.S. troops returning home has been arrested on numerous terrorism-related charges.

Bloomberg announced the Saturday arrest of 27-year-old Jose Pimentel of Manhattan, a U.S. citizen originally from the Dominican Republic.

The mayor said Pimentel was "plotting to bomb police patrol cars and also postal facilities as well as targeted members of our armed services returning from abroad." But authorities have no evidence that Pimentel was working with anyone else, the mayor said.

"He appears to be a total lone wolf," Bloomberg said.

Pimentel was motivated by his resentment of American troops in Iraq and Afghanistan, fueled by al-Qaida propaganda, the mayor said. "He was not part of a larger conspiracy emanating from abroad."

THE ASSOCIATED PRESS

Volcano sends ash, steam, gas into air

Mexico's Popocatepetl volcano has spewed a burst of ash five kilometres into the air after breaking through a dome of lava.

Mexico's National Disaster Prevention Center says yesterday's explosion continues a series of moderate eruptions from the 5,450-metre volcano 65 kilometres southeast of the Mexican capital.

The centre says the volcano has been emitting a small but steady stream of steam and gas since Friday.

Mexico City civil protection director Elias Moreno told Foro Television that there were no reports of danger or of ash falling on nearby communities.

The volcano has been erupting intermittently since December 1994.

THE ASSOCIATED PRESS

Yellowstone proposes killing, removing up to 360 bison

As many as 360 migrating wild bison would be shot by hunters in Montana, captured for slaughter or shipped elsewhere this winter under a proposal from Yellowstone National Park officials seeking an alternative to the indiscriminate slaughters of years past.

Documents obtained by The Associated Press show officials are considering "selective culls" to help reduce the park's bison population from 3,700 animals to about 3,000.

THE ASSOCIATED PRESS

Small gadget, big goals

Brothers plan to retail tablet for $60 in India Want to bring Internet to even the smallest villages, bridge considerable digital divide in India

It's an ambitious plan from two Canadian brothers to bring the Internet to billions of people around the world, from remote farming communities to bustling streetside markets.

The Indian-born, Canadian-raised entrepreneurs are behind the product dubbed the world's cheapest tablet computer, scheduled to be released in India within weeks.

They say the beauty of UbiSlate, an Android-based tablet, is that users will be able to obtain quality Internet access using existing low-speed cellphone networks.

That means farmers being able to access the weather forecast; India's army of small-business owners having access to eBay and email; and, of course, it means things Canadians take for granted like information on schools and social networking.

"In those villages, there is no other way to get the Internet, and they've never had it before," Raja Singh Tuli said in an interview.

"You're talking about people who have never had a screen of this size to look at anything other than maybe a television."

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

▶ Raja Singh Tuli, chief technology officer of Datawind, displays a Ubislate at the company's office on November 12 in Montreal.

Tuli brothers

- The Tuli brothers came to Canada from India as youths in 1980 when their father, a civil engineer, moved them to Edmonton.
- They are both University of Toronto-educated engineers and have long been entrepreneurs, designing what was once recognized by the Guinness Book of World Records as the world's largest fax machine.
- Their company is behind the Indian government-subsidized version of the UbiSlate, dubbed Aakash ("Sky" in Hindi), a $35 Wi-Fi-only product intended for Indian university students.

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Spain opposition scores big win

Voters shift clearly to right as they confront economic crisis

An exit poll said Spain's opposition conservatives scored a landslide win to oust the ruling Socialists in general elections yesterday that were dominated by a staggering unemployment rate and Europe's debt crisis.

The Popular Party led by Mariano Rajoy has won an absolute majority in parliament, according to the TNS-Demoscopia survey by Spain's state-run television, obtaining between 181 and 185 seats, compared to 154 in the last legislature. A majority in the 350-seat lower chamber is 176.

"The political change led by Mariano Rajoy has won tonight in Spain," PP campaign manager Ana Mato said, although she stopped short of declaring outright victory.

The Socialists, saddled by a stagnant economy and a 21.5 per cent jobless rate, plummeted from 169 seats to between 115 and 119 seats, according to the poll, which gave no margin of error.

Pre-election polls had pointed to a crushing win for the conservatives, with Spanish voters expected to punish the Socialists for a jobless rate that the government itself has said will take years to chip back down to even the upper teens.

If Rajoy does win, it will come after two election bid losses — in 2000 and 2004 — and present him with the daunting challenge of resurrecting an economy that posted no growth in the third quarter of this year.

THE ASSOCIATED PRESS

PAUL WHITE/THE ASSOCIATED PRESS

▶ A conservative Popular Party supporter waves a Spanish flag while waiting for the results of the general elections, in Madrid, yesterday.

Grenades hit Syria's ruling party headquarters

BASSEM TELLAWI/THE ASSOCIATED PRESS

▶ Pro-Syrian regime supporters carry a huge portrait of President Bashar al-Assad during a demonstration in Damascus yesterday to show their solidarity with their president.

Rocket-propelled grenades struck the headquarters of Syria's ruling party yesterday, bringing the violence that has engulfed much of the country to the heart of its capital for the first time, activists said.

The attack on the building in Syria's capital of Damascus apparently caused no damage or casualties. But if true, it would mark a significant shift in the eight-month uprising against President Bashar al-Assad. Until now, the capital has remained relatively untouched.

The pre-dawn attack awoke many Syrians who reported hearing two loud blasts, but details could not be confirmed. The foreign minister denied an attack had taken place, and Syrian television broadcast footage of the building looking undamaged.

The Free Syrian Army, a group of military defectors, claimed responsibility, highlighting the growing militarization of the revolt following months of largely peaceful protests.

"This is an escalation that would signal a new phase in the Syrian uprising," said Thabet Salem, a Damascus-based analyst. "It gives a new dimension to the whole situation, which had been so far restricted to (government) action, and reaction from the opposition," he said.

Syria has placed severe restrictions on the work of journalists, making it extremely difficult to confirm events. The country's embattled but defiant president vowed to pursue his bloody crackdown on dissent. THE ASSOCIATED PRESS

Afghans protest plan to keep U.S. troops

More than 1,000 university students blocked a main highway in eastern Afghanistan yesterday to protest any agreement that would allow U.S. troops to remain in the country after a planned transfer of authority in 2014.

An assembly of more than 2,000 tribal elders and dignitaries known as a loya jirga over the weekend endorsed negotiating a security pact with Washington, though they also backed a series of conditions proposed by Afghan President Hamid Karzai including the end of night raids by international troops and complete Afghan control over detainees.

The protesters in Jalalabad city denounced any agreement that would keep U.S. troops in the country, blocking the road to Kabul and shouting "Death to America." THE ASSOCIATED PRESS

Ethiopian forces enter Somalia

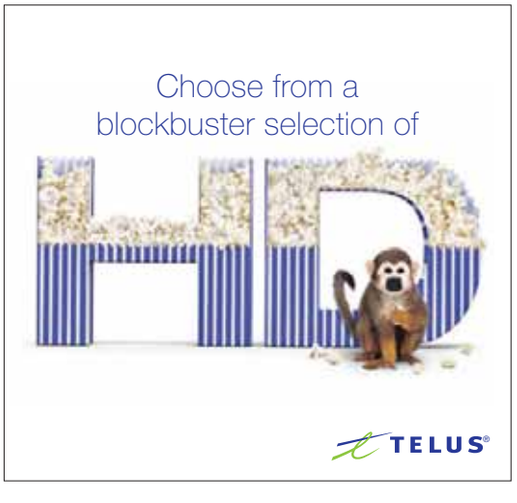
A convoy of Ethiopian troops entered Somalia yesterday, residents said, in a possible attempt to open a third front against al-Qaida-linked Somali insurgents.

The incursion into the central town of Guriel appears to be the largest movement of Ethiopian troops into Somalia since an unpopular Ethiopian invasion nearly five years ago.

The al-Shabab insurgents are already fighting an African Union force in the Somali capital and Kenyan troops in the south, where al-Shabab said it attacked a Kenyan warship yesterday.

The Ethiopians met with members of Somalia's Ahlu Sunnah Wal Jama militia in Guriel yesterday afternoon, then moved into an army base in the south of the city, said Sheik Abdulle Abdi. He belongs to the militia, which is allied to the weak UN-backed Somali government.

THE ASSOCIATED PRESS



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Cement used to renovate buttocks

Suspect was posing as a doctor Also performed procedure on herself, and may have victimized others

A U.S. woman who wanted to work at a nightclub started searching for someone who could perform plastic surgery at a cheap price to give her a curvier body. Police say what she found was a woman posing as a doctor who filled her buttocks with cement, mineral oil and flat-tire sealant.

The suspect, Oneal Ron Morris, 30 — who police say was born a man and identifies as a woman — was arrested Friday after a year on the lam and has been charged with practising medicine without a licence with serious bodily injury.

Police photos show Morris as a small-framed woman with bee-stung pouty lips, arched eyebrows, oversized hoop earrings — and a large backside. She was released from jail on bond. A phone listing for Morris could not be found, and it's unclear if she has an attorney.

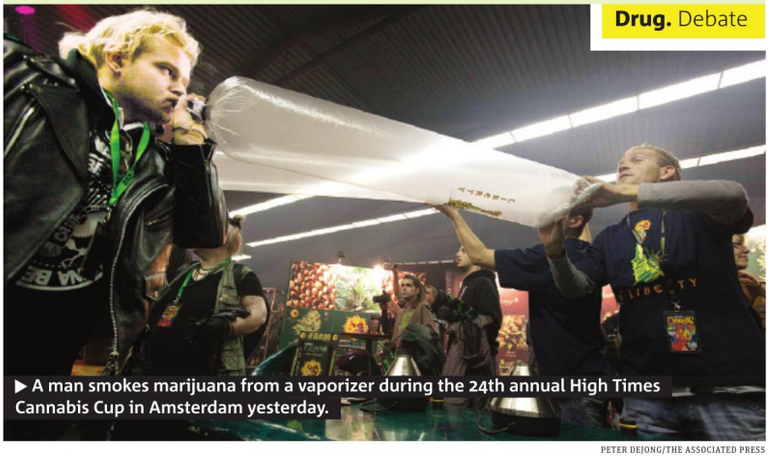
Miami Gardens Police Sgt. Bill Bamford said yesterday that Morris bounced from house to house for a year, driving a black Mercedes and staying out of investigators' sight "like a ghost."

An officer drove by one of those possible houses nearly every day on his way to work and saw the car outside on Friday, and he arrested Morris soon after.

The victim, who is not being named due to medical privacy laws, paid $700 for a series of injections in May 2010. She was referred to Morris by a friend.

Bamford said the victim was reluctant to come forward. She quickly went to two South Florida hospitals due to severe abdominal pain and infected sores on her buttocks accompanied by flu-like symptoms. But she left each time, too embarrassed to tell doctors what she'd done.

THE ASSOCIATED PRESS



Drug. Debate

▶ A man smokes marijuana from a vaporizer during the 24th annual High Times Cannabis Cup in Amsterdam yesterday.

PETER DEJONG/THE ASSOCIATED PRESS

Holland's high times could be over

People who buy a judge's pass for the festival can vote in the annual competition electing the best marijuana. People from around the world come to participate in the festival, although the festival's days could soon be numbered. The Netherlands, long known for its liberal drug policies, is changing course as right-wing political leaders try to ban tourists from buying marijuana in coffee shops.

Police scout for Hells Angels

Residents of a London, Ont., street were "concerned and uneasy" yesterday after police targeted the neighbourhood for what's believed to be a new Hells Angels foothold in the city.

Police were stopping all cars on the street on Saturday as part of the investigation, a resident said. The "spot check" was designed to identify "Ontario Motorcycle Gang members and to check the safety of their motor vehicles," police said in a statement.

The statement did not indicate what led to the police action.

Neighbours said the motorcycle club has occupied a house on the street for about six weeks. There have been no signs of criminal activity, but the Outlaws — another motorcycle club — are believed to have a clubhouse four blocks east.

Some neighbours say they're worried about a possible turf war.

METRO

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JEFF HODSON/METRO

60 seconds

▶ David Chilton, author of The Wealthy Barber Returns, at the Pan Pacific in Vancouver yesterday.

THE WEALTHY BARBER RETURNS

'A LOT OF THE MOST SUCCESSFUL INVESTORS THAT I RUN ACROSS DON'T PAY ANY ATTENTION'

JEFF HODSON
@METRONEWS.CA
METRO CANADA IN VANCOUVER

David Chilton, author of The Wealthy Barber, which sold a whopping two million copies in Canada, chatted with Metro about his new book, The Wealthy Barber Returns.

Why did you decide to write a second book?
It was frustration. We've gone backwards in the last five to 10 years. We're starting to spend more than ever and save less.

How is it different?
It's dated now at 22 years, but for the most part The Wealthy Barber was conventional wisdom, repackaged in a format that made it more accessible. This book is more my opinions and my observations. ... This isn't about the numbers, most of the mistakes that people make are because they're sabotaging their own situations through psychological breakdowns.

What advice do you give?
We can't continue to pay two and three per cent to mutual-fund-management companies. They have the right to be profitable, but they're too profitable in Canada. ... You're not looking for anything for free, but it has to be at a more reasonable level. The second piece of advice is to put up with the volatility. You can't keep jumping in and out of the markets. ... Inevitably you're going to jump in and out of the markets at the wrong time. ... A lot of the most successful investors that I run across don't pay any attention.

What was most challenging about writing the book?
On stage when you use humour, you can use intonation and facial expressions. When you take that away and use only the printed page, it's way harder. Occasionally I would write something down I thought was funny. I would read it to someone on the phone and they'd think it was funny, but I'd have someone read it and they'd say, "I don't think it's funny."

Why does the format work?
Short chapters and a lot of humour. We've seen such a difference in the past 15 years in terms of people's attention spans. They're so trained to want things in short bursts. Long, text-heavy books don't work. When it comes to finance, where people are intimidated to begin with, if you throw 38 pages at them without a break they're never going to get through it.

Tips from David

- A relatively small cutback in your spending can dramatically increase saving.
- People who live within their means tend to be happier for the obvious reasons, but also because they are not consumed with consumption.
- We tend to judge people not by their net worth, but by the amount of their material possessions.
- Free flights earned through excessive loyalty credit card use are akin to the "free" hotel rooms offered to heavy gamblers.
- Saying "I can't afford it" is not an admission of failure.
- Saving should come first and borrowing later. Many Canadians live it the other way round.
- Good savers have areas of indulgence, but know that high spending in one area requires discipline in others.
- Stick to a balanced, diversified financial portfolio and focus on the long-term.

Cheese, please? Get ready to pay for it

Last week, old cheddar was $3.58 in Washington, $4.85 in London, and $6.99 in Montreal

Canadian cheese lovers, Marianne Renaut feels your pain.

The Belgian-born Quebecer is shocked by the high price of Canadian dairy, and grocery store trips rekindle a longing for the bargains available in Europe.

So what's the story with Canadian grocery prices? It begins with supply management.

The system is a hidden, ubiquitous part of everyday life. It affects the market for Canadian milk, cheese, yogurt, chicken and eggs — which can be vastly more expensive here than in the U.S., with the gap widening, according to the OECD.

A staple of the rural economy, it's now the subject of a heated debate, amid international free-trade talks and growing doubt about its future.

The decades-old system was designed to protect Canadian farmers from volatile market fluctuations with made-in-Canada minimum prices. It also imposes tariff controls on foreign competition and sets quotas for domestic producers.

Critics say it artificially drives up prices at the cash register and limits innovation. Farmers, meanwhile, argue that it preserves their way of life and cross-border price comparisons only tell part of the story.

News last week that the federal government might face pressure to abandon it during negotiations for a trans-Pacific trade zone created political sparring. But the protectionist system appears secure, at least in the short term. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and his wife, Laureen, visit a dairy farm while campaigning in Acton Vale, Que., yesterday.

No next term for new Italian PM?

Silvio Berlusconi revealed in an interview yesterday that his party had asked new Prime Minister Mario Monti not to run for office beyond his present term as part of negotiations to secure the Italian economist with crucial support from parliament's largest force.

The billionaire businessman, speaking to Corriere della Sera, reiterated that his party would decide on its support for Monti measure by measure. He also indicated he won't budge in his opposition to a tax on wealth that Monti is considering as one of his first actions to bring in revenue.

Monti — a former European Union competition commissioner — is leading a new government tasked with trying to save the country from financial ruin. In just under a week, Monti has assembled a cabinet of bankers, business executives, professors and other non-elected technocrats like himself.

While he has easily won confidence votes, he will need the support of Berlusconi's conservatives — the largest party in parliament — to push through harsher austerity cuts and new taxes likely to be unpopular with Italians.

Berlusconi, asked in the interview if he and his forces had asked Monti to renounce plans to put together a campaign lineup, replied: "It's true. We asked him and all his ministers to publicly commit themselves to not run as candidates in the next elections."

THE ASSOCIATED PRESS

Drilling goes on despite Turkish protests

Cyprus' president plans to visit a U.S. rig today that is carrying out exploratory drilling for gas off the island's coast, despite protests from Turkey that the hydrocarbon search ignores the rights of breakaway Turkish Cypriots. President Dimitris Christofias will travel to U.S. company Noble Energy's rig about 185 kilometres south of the island along with four other senior government officials. Noble estimated last week that the field inside Cyprus' exclusive economic zone may yield between three to nine trillion cubic feet of natural gas. A formal estimate on the deposit's size will be made next month once drilling is complete.

THE ASSOCIATED PRESS

Chevron owns up to oil spill

The head of Chevron's Brazil operations says the company is taking full responsibility for an oil spill off the South American nation's coast.

George Buck says the spill on Nov. 7 happened because Chevron underestimated the pressure of an underwater oil reservoir while drilling, which caused oil to rush up the bore hole and seep into the surrounding seabed.

Buck said yesterday that the oil began leaking through seven narrow cracks within 150 metres of the well head.

He says between 1,590 litres and 15,899 litres are leaking each day. Brazilian regulators say more than 416,400 litres of oil have spilled into the Atlantic ocean.

THE ASSOCIATED PRESS

SILVIA IZQUIERDO/THE ASSOCIATED PRESS

▶ A Greenpeace activist protests the oil spill.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 23.0 (11,892.44)	+ 0.10¢ ($97.35¢ US)
Oil	**Natural gas** $3.3160 (- 9.4¢)
- $1.41 US ($97.41 US)	**Gold** $1,725.10 (+ $4.90)

CAR ABOVE ALL, ABOVE ALL THE CAR

URBAN COMPASS

JANICE PASKEY
METRO CALGARY

This time of year my students are looking weary.

Some put their heads on their desks or sit slumped with vacant looks.

The demands of school and those of their jobs are colliding.

But I found a handy way to both perk up the class discussion and offload their pressure.

"Get rid of your car," I say.

Whoa! They pop to life, from zombies to zealots.

The car?

"It's not all that expensive."

"And we have to get to work!"

They say these things with some defiance.

Now journalists aren't great at math, but I suggest some car basics.

"It's tough to pay for and run a car under $500 per month. Most of my students earn about $12 to $15 per hour at their jobs. So that's 33 hours worked just for the car."

After all, someone decided this was financial literacy month. Young adults are having trouble making ends meet and planning ahead, says a national task force.

All in, it's tough to pay for and run a car under $500 per month. Most of my students earn about $12 to $15 per hour at their jobs.

So that's 33 hours worked just for the car.

And research shows working more than 45 hours a month takes down marks.

"Get rid of the car. Work less!" I propose.

The idea makes some dig in harder.

"The bus takes too long! It takes an hour or two to get here."

Yes, MRU isn't on an LRT line. That's shameful. But buses do appear.

The bus! You'd think we were talking public transit of Congo, not Calgary.

But you could read on the bus, I argue, and you wouldn't have to work so much.

But work is productive, comes one argument. "Not like sitting on the bus."

Me: "So you'd rather work more hours than sit on public transit reading your notes or a good book?"

Yes, they would, actually.

About this time, the minority of students who walk or don't have cars are chipping in.

"It can be done. You don't need a car. I do it."

Others whose parents are footing the car bill are silent.

The car defence continues: It's safer. It's freedom. We need it.

Freedom. Necessity. Safety. Core values emboided by the car.

Of course, I drive to work. It has nice warm seats, gets me home quick, and I can get my kids to their activities.

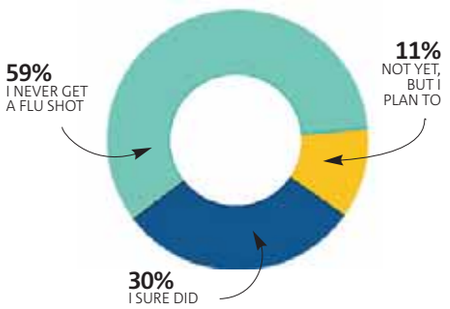
Like my students, I want my car.

Sometimes all the financial literacy in the world can't change that.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you received a flu shot this year?



Local tweets

- **@mwelson:** Super impressed with @telus_spark centre! #yyc
- **@jayemkayem:** What a beautiful winter day in #yyc!! Love this sunshine
- **@HBGilbertson:** Spent Sunday morning shrink wrapping 50yrold windows. Might as well just have holes in wall for all the good they do blocking #yyc winter.
- **@haydondewes:** It may be cold in #yyc, but at least you can stand up. My NZ hometown has 130kmh winds!
- **@LJ_Morgan:** Today is a #quattro day in #YYC, -15 and snowy residential streets make for a fun drive in the #Q5.
- **@XiMeNaKa:** in #yyc hating the cold is forbidden... otherwise you'll spend half of two thirds of your life unhappily
- **@byondpossession:** #yyc we need a chicken and waffles place #nojoke

Worth Mentioning

ANOTHER CANADIAN CLICHÉ PUT TO REST. A survey conducted for Environment Canada suggests not all Canadians are actually obsessed with the weather.

Only 70 per cent said they're very likely to check the forecast on a typical day and only 63 per cent said the forecast is important to them.

And while 79 per cent of Canadians thought it's important that meteorologists be right about how much it's going to snow, that was down five percentage points from 2002.

"Most Canadians ... feel that the weather information they receive provides enough information to make decisions or plans," the study says.

The survey suggests a growing number of Canadians are getting weather information off the Internet, but TV and radio remain the first and second choices for respondents, with weather-specific channels topping the list.

When it comes to warnings, most Canadians get that information from local radio, the study says.

THE CANADIAN PRESS

photo of the day

▶ This photo titled Stormy Lamppost, was submitted to the Imagination category by Orange and Green from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophoto-challenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Caribou play peekaboo

A vast herd of northern caribou that scientists feared had vanished from the face of the Earth has been found, safe and sound — pretty much where aboriginal elders said it would be all along.

"The Beverly herd has not disappeared," said John Nagy, lead author of a recently published study that has biologists across the North relieved.

Those scientists were shaken by a 2009 survey on the traditional calving grounds of the Beverly herd. A herd that once numbered 276,000 animals seemed to have completely disappeared, the most dramatic and chilling example of a general decline in barren-ground caribou.

But Nagy's research — and consultation with the communities that live with the animals — concludes differently.

It turns out that the Beverly herd has simply shifted its calving grounds.

Nunavut government biologist Mitch Campbell said a survey suggests Beverly numbers remain healthy.

While scientists are excited, aboriginal elders are more likely to shrug.

Next time scientists should pay them a little more mind, Campbell said. THE CANADIAN PRESS

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2 scene

Scene in brief

The Twilight Saga has staked out another huge opening with $139.5 million in its first weekend of The Twilight Saga: Breaking Dawn - Part 1. Happy Feet 2 pulled in just $22 million over opening weekend. Immortals fell to third place with $12.3 million.
THE ASSOCIATED PRESS

Tony Award-winning actress Christine Ebersole cast in TBS comedy pilot Sullivan and Son.

Statler and Waldorf have their say

The Muppets' curmudgeonly critics give their opinion of the latest movie from Kermit and his crew The review might not be accurate — Statler kept his eyes closed for most of the film

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The return of The Muppets wouldn't be complete without their constant critics, those perpetual balcony fixtures Statler and Waldorf who've been hurling insults at Kermit the Frog and his gang since the beginning. The old codgers weren't doing a lot of press for The Muppets, but they did agree to speak with Metro.

Have you seen the new movie The Muppets yet? And if so, what do you think of it?

Statler: I loved the movie. Amy Adams is beautiful and funny. Jason Segel is hilarious. Chris Cooper makes a great bad guy. And the star cameos are amazing!

Waldorf: Yeah, but what about The Muppets?

Statler: I closed my eyes during those parts.

Waldorf: But The Muppets are in most of the movie. You kept your eyes closed for most of the movie?

Statler: Sure. That's why I liked it so much.

Is there anything special you'd like to say to our readers in Latin America?

Statler: Buenos dias! Mi casa su casa!

Waldorf: You old fool, you just invited Brazil, Colombia and Chile over to your house.

Statler: Oh… in that case, "His casa is su casa!"

Waldorf: Can I answer the question now?

Statler: Stranger things have happened.

Waldorf: Well, I just want to say to our friends in Latin America: See The Muppets. Cause there's nothing like great entertainment…

Statler: Yeah, and The Muppets are nothing like great entertainment.

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Why Simpsons doesn't get old

Show's 500th episode airs in February Why it will keep going

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Despite a contract squabble earlier this year that might have brought an end to the Simpsons, Matt Groening's animated comedy is still kicking — and will be indefinitely, he says.

But how does a comedy stay fresh after 23 seasons? And what would an end look like? Series creator Groening says he doesn't plan to be around to find out.

Do you already know how the show is going to end? Do you have the last episode in your mind?

I think everybody who works on the show has a secret final episode in mind. I had my idea, but my idea already got used up 10 years ago.

However, we inadvertently, accidently might have already animated one we thought might be the final episode, and that is our Christmas episode coming up, which shows the Simpsons in the future. Surprisingly enough, things don't work out well for Bart.

What's the secret to keeping a show going for more than 20 years?

I think the Simpsons is basically a forum for different kinds of comedy. It's not any one kind of comedy. It started out I think, in a more limited way, but now we do everything.

We tried different kinds of jokes and different styles … and our range of references go from truly obscure literary references to the most dumb, broad comedy that you can imagine.

"I think everybody who works on the show has a secret final episode in mind. I had my idea, but my idea already got used up 10 years ago."
CREATOR MATT GROWNING

We aren't thinking about the audience so much as about surprising ourselves. As long as we surprise ourselves, we will continue to surprise the audience.

Is Moore into women?

Sources say Ashton and Demi had an 'open marriage' for years

ALL PHOTOS GETTY IMAGES

▶ Back when they were a Hollywood power couple: Ashton Kutcher and Demi Moore.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Ashton Kutcher's alleged infidelity may have been the last straw in his marriage to Demi Moore, but sources tell Star magazine that the pair's rumoured "open marriage" had been a strain for years.

"Everyone in Hollywood knows about their arrangement, but they've managed to keep it a secret from the general public," a source claims.

"Demi is attracted to women just as much as men, so she didn't always get all she needed from Ashton. She was cool with Ashton having flirtatious relationships, too.

Somehow they made it work all these years. Both of them were respectful of each other. It was a lot of fun for them."

But Kutcher's pair of cheating scandals, including his reported tryst with a young woman during his and Kutcher's sixth anniversary, were apparently too much for Moore, who filed for divorce late last week.

What PR person leaked that crazy information?

Because, yeah, everyone knows so many marriages are broken up because the wife is hot, likes threesomes and is "cool" with outside arrangements.

What horror that must have been for Kutcher! How he survived, I have no idea.

"Demi is attracted to women just as much as men, so she didn't always get all she needed from Ashton. She was cool with Ashton having flirtatious relationships, too."

SOURCE

▶ Rihanna

Rihanna not in love with the single life

Rihanna says she's currently single — and not loving it.

"I'm not dating anyone right now. I'm not dating at all," she tells Ellen DeGeneres.

"I'm not necessarily happy being single. It's not really that cool."

But if she were to start dating someone, she'd need him to take charge, she admits.

"You know, I can't really be the man for you. I don't want to have to be," Rihanna says.

"I'm the man at work all the time. I do put a lot into my job. Most of my time, if not all of it. It definitely affects my personal life." METRO

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3 life

Kids fix the world

A class of first graders put their heads together to come up with cute fixes for a few global crises

On ending war

STEVE MEYER/METRO WORLD NEWS

We're in two wars! — Marlena

I know why they keep on fighting — because other people want more money. — Isaac

We need to say we don't want this war to happen anymore. We want it to stop. — Marlena

They would just ignore us and keep shooting the guns. I really like war. I want to be in the army. — Miles

STEVE MEYER/METRO WORLD NEWS

STEVE MEYER/METRO WORLD NEWS

On unemployment

If someone didn't have a job, I would tell them that they could come and work for me. They could bake me something. — Akasha

I would give them money, so that they could buy a job. — Marlena

I'd give away my mom's or dad's job. — Lucy

My daddy doesn't really have a job but he takes care of me and my sister. — Nakamae

People who don't have jobs can help the people who do have jobs. — Nakamae

Disaster relief

If I was in a tsunami, I would get my boat. — Rowan

And you could give them money and make sure they got enough food...and sleep. — Marlena

And had the right medicines. — Ella

I would jump into the water to save people. — Rowan

Oh, that would be a bad idea! — Ma-Sadio

On Occupy Wall Street

People are marching in the park because they clean stuff a lot and they're not making enough money to get paid. — Ma-Sadio

My daddy says it's the bankers' fault. — Ella

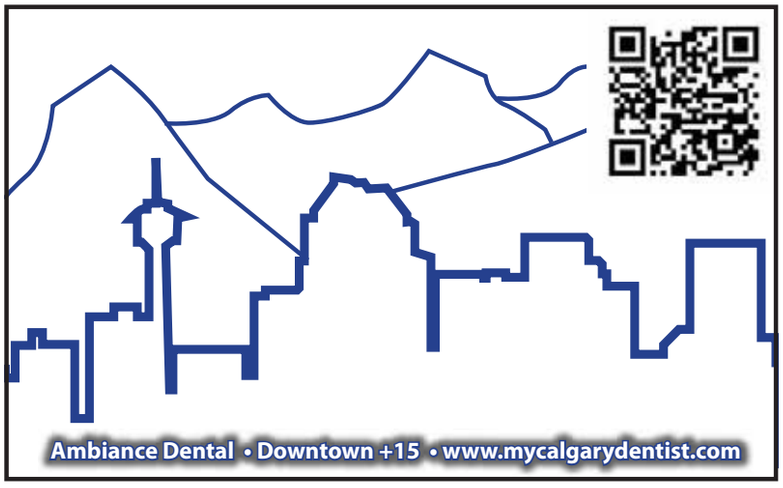
RAVEN SNOOK
LIFE@METONEWS.CA
METRO WORLD NEWS

I want people to stop playing in the streets, and I want cops to stop arresting people. — Marlena

I just want protesters to stop breaking stuff. — Isaac

If I was poor and people gave money to me, and they were poor again, I would give them the same amount of money back so we could all be middle class. — Marlena

STEVE MEYER/METRO WORLD NEWS



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IC Computers: Unit 122, 3715 51st St SW

50 green and great ideas

Clean-tech charts the future for entrepreneurial-driven change ◆ Summit's results already being put to use

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK PHOTOS

▶ A practical approach to anything we do is only useful if has real world applications.

Imagine a gala awards ceremony, where the best and brightest minds in the Canadian clean-tech field are brought together to celebrate progress and achievement.

But, there's a twist. The winners are swept away to an exclusive island yacht club – and told they can't leave until they create a list of 50 innovative and practical green ideas.

This is not fiction, folks. It happened – very recently. And the result? The Clean50 Summit's list of 50 great ideas.

"We determined there are all kinds of awards for companies that have done lots of good things, but there were no awards for individuals," says Gavin Pitchford, founder/principal of Delta Management Group Corporation, which organized the event.

The 50 honourees came from a wide range of backgrounds. Clean-tech, retail, banks, universities — even big oil companies. And once they all met and started debating the future, there was a surprisingly high level of consensus.

"This is the first time it's ever happened, anywhere in the world," Pitchford says. "What was phenomenal was that a lot of them had never talked to people from the other sectors before. They'd sort of been greening their own little part of the world, but hadn't crossed over."

One of the ideas include a call for governments to stop taxing initiatives that are good for the environment.

"It's possible to expense your employee's car and parking — but not their bike without them having to take a tax hit for it," he explains. "The government will let you spend money on things that have undesirable outcomes — like driving to work. But they won't fix some of the other stuff."

It turns out Canada is already a global leader in clean technology, and not everyone knows it.

"We have such a powerful clean-tech industry in Canada. It's entrepreneurial-driven. We're absolute leaders in this field in the world and I don't think that a lot of people on the corporate side really appreciate it. These businesses and these opportunities exist in this country."

The Clean50 summit boosted awareness. Many of the ideas are already being pitched to governments.

"Yes, we've heard a lot of these ideas before. But we haven't done them yet," Pitchford concludes. "It would be a real shame to lose this. So we decided to keep going with it – and that's what's happening."

View the full list of ideas at clean50.ca/50greatideas.html.

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As early as November Spray Lake Sawmills will start clear-cutting The Castle Special Place protected area - designated 1998 for "preserving Alberta's natural heritage." Just north of Waterton, it's the source of clean water and is critical to grizzly bears, bull trout and to the local economy. Albertans weren't asked if they support this logging and the government isn't listening to your concerns about this fabulous recreation area.
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STAYING GREEN WHILE KEEPING THINGS CLEAN

What remedies do you suggest for cleaning the toilet? ***Nancy of Winnipeg***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

You must try my green cleaning recipe, called all-purpose powder. It's very easy to make — it only takes two ingredients.

In a container, combine a 50:50 mixture of borax and washing soda. Stir and then sprinkle into toilet, scrub and rinse.

This recipe works well with a white vinegar chaser, too.

Don't add vinegar to the powder.

Instead, after scrubbing, pour about half a cup of white vinegar in the toilet.

Let it sit to disinfect and deodorize before flushing.

Add borax and washing soda to your next grocery list — they're key ingredients in most of my favourite green cleaning recipes, available at queenofgreen.ca.

Borax, or sodium borate, is a naturally occurring alkaline mineral salt.

It's effective because it disinfects, fights mould and mildew and whitens.

You can find a box, for about $7, in the laundry aisle of most grocery stores.

Most people will recognize the borax box from their grandmother's pantry.

Washing soda, or sodium carbonate, is more caustic and has a higher pH than its cousin, baking soda.

Fewer mainstream grocery chains carry washing soda, although Arm and Hammer distributes it.

If you can't find it at your local grocer in the laundry aisle, check out health food stores or organic grocers.

Borax and washing soda are found in a host of green cleaning recipes because they are versatile, affordable and eco-friendly.

But even things from nature can be harmful, so store borax and all green cleaning products safely away from children and pets.

Finished products you make should also be clearly labelled.

And don't underestimate baking soda, which on its own lifts dirt, deodorizes and whitens. You can even substitute washing soda for baking soda in this recipe.

David Suzuki Foundation

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Fill up on chunky chowder

This Italian-style soup may contain hearty ingredients but it is actually low in fat Complement it with green salad and a crusty whole wheat roll

NEWS CANADA

To spice things up a bit, increase the hot pepper flakes in this Mushroom, Tomato and Corn Chowder

Variation

Garnish
Top the soup with low fat grated mozzarella or Parmesan cheese.

Ingredients:

- 2 tbsp (25 mL) olive oil
- 1 lb (500g) sliced fresh mushrooms
- 2 cups (500 mL) chopped leeks (white part only) (about 1 large)
- 1 large potato, peeled and diced
- 2 cloves garlic, minced
- 1 tsp (5 mL) each dried oregano and basil
- 1/4 tsp (1 mL) hot pepper flakes
- 2 cups (500 mL) water
- 2 cups (500 mL) frozen or canned corn kernels
- 1 can (28oz/796mL) diced tomatoes
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/3 cup (75 mL) chopped parsley (optional)

Preparation:

1. In large saucepan heat oil over medium heat; Add mushrooms, leeks, potato, garlic, oregano, basil and hot pepper flakes; sauté for about 5 minutes. Add water and corn; bring to boil and to 1/2 tsp (2 mL).
2. Reduce heat and simmer for about 5 minutes or until vegetables are tender. Stir in tomatoes, salt and pepper. Bring to a boil; reduce heat to a simmer for about 10 minutes or until hot. Stir in parsley if desired.

cover.

NEWS CANADA

MUSHROOMS.CA/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It

Popular casual dining spots, such as Kelsey's and Boston Pizza, offer extensive menus. But if you're not careful, your lunch order could cost you in calories and sodium.

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Satisfy the entire family

Use Rice Krispies in this Parmesan Chicken to add a familiar crunch

Ingredients:

- 750 mL (3 cups) Rice Krispies, crushed to make 375 mL (1 1/2 cups)
- 125 mL (1/2 cup) freshly grated Parmesan cheese
- 2 mL (1/2 tsp) dried basil
- 1 mL (1/4 tsp) dried oregano leaves
- 30 mL (2 tbsp) melted butter
- 1 egg or 2 egg whites
- 75 mL (1/3 cup) 2% milk
- 75 mL (1/3 cup) flour
- 2 mL (1/2 tsp) salt
- 6 boneless skinless chicken breasts

Preparation:

1. In shallow pan or plate, combine crushed cereal, Parmesan cheese, basil and oregano. Stir in melted butter.
2. In bowl, beat egg and milk slightly. Stir in flour and salt; mix until smooth. Dip chicken in batter, then coat with cereal mixture. Place in single layer on foil or parchment lined baking sheet.
3. Bake in 180°C (350°F) oven for about 35 minutes or until no longer pink in centre. (Do not cover or turn chicken while cooking).

NEWS CANADA/ TRISH MEGWOOD/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CHEF. EMILYRICHARDSCOOKS.CA).

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She's got success in the bag

Deck yourself in delight ◆ Jane Ip reminds that a smile is any entrepreneur's most important accessory

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

In Chinese, the words *Jeanne Lottie* mean true happiness.

And for more than 25 years, Jane Ip has been bringing joy to the millions of women who have bought her beautifully designed handbags and accessories. She is proud of her success and honest when it comes to doing business in a challenging economy.

"You need discipline to get through the tough times, but if you have your health and mental ability, nothing can hinder you to go forward."

Jane was inspired by her father's entrepreneurial spirit and business acumen.

Every night at dinner she and her sister Charlotte would be schooled in the world of business ownership.

"He always told us to be patient. It's easy to open a business but it's hard to maintain.

Being an entrepreneur is not for everybody. You have to know what you want and really pursue it."

As I look at Jane standing in the midst of the company she has built and nurtured, I'm reminded of the Chinese meaning of Jeanne Lottie.

As I take her photo in amongst the beauty of her creations I realize her smile says it all: true happiness.

PROVIDED

▶ Jane Ip, creator and designer of Jeanne Lottie handbags and accessories.

Jane's gems

Advice from the accessory queen:

- We all have talent, we just have to make it happen.
- It's really important that you surround yourself with positive people.
- Love what you do and be passionate about it.
- Do not be afraid.
- If you don't do it today you will regret it and say, What a waste.
- We have to give back because it's not about money. At the end of the day you have to feel good about what you have done.

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The teacher says...

Dr. Jane Foley is a leading U.S. educator who, as senior vice-president of the Milken Family Foundation, motivates other teachers to do better Here are her thoughts on the 'smart' debate

NED EHRBAR
LIFE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

"We see our students preparing now for a life where we don't even know what their career will be."
DR. JANE FOLEY

THINKSTOCK.COM

▶ "First of all, some do read Moby-Dick!"

How do you define smart?
I'd define it in a number of ways. First of all, it's understanding history and how history shapes the present and future. Next, it's the present: knowing the world around you, physically, but also beyond your surroundings and accepting and appreciating that we live in this global world. It's also important to understand math, science and language, but also how you apply that in your daily and professional life. And then how to access information and discern the value of that information since we're bombarded by info overload.

Is the definition of 'smart' changing?
Yes. Exponentially, and at a rate faster than we've seen in our lifetime. We see our students preparing now for a life where we don't even know what their career will be, so access to this information — it's changing the way all of us have to think, learn and work.

We value 'book smarts' but now there seems to be an additional set of skills required to make it in this world.
It's a hybrid. We want to learn the classics — the past — and our current culture — the present — but we have to evolve with the changes. Books can be hard copies or digital, e-mail, social media, by phone like we're talking now, or a face-to-face meeting. I go to a lot of universities in my job and people still go to libraries! There's still a lust for knowledge.

But some kids don't read Moby-Dick yet they're on Google+. Doesn't that give them the advantage in 2011?
First of all, some do read Moby-Dick! Do they have an advantage? I don't think you can compare. Think of every generation and what they faced. My parents faced WWII, a lot of us lived through the ending of the Cold War, now young people are digital natives. The common denominator is talented people rise to the occasion and lead. The difference today is that it's essential for them to have a national and international focus.

What do kids need to learn in order to make it?
Humility. Flexibility. A lust for knowledge. And a passion to make a difference.

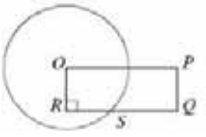
And what do our leaders look like 40 years from now?
It's naive to even think about predicting. I can think back to 40 years ago — we had no idea what 2011 would look like. Even sci-fi movies couldn't predict the future. It's people. People make the future. Someone like Steve Jobs helped shape a generation. We'll always have those people to move us forward.

Test yourself

Try these sample questions from test prep service Kaplan to find out.

1. If x is an integer, which of the following is NEVER true?
A $x^2 < x^3$
B $x^3 < x^2$
C $x^3 < x$
D $x^2 < x$
E $x^2 < x^4$

2. The figure below shows a



rectangle with one of its vertices at the centre of circle O. If rectangle OPQR has a perimeter of 22, OP = 8, and RS = 3, what is the area of the circle?
A 9π
B 18π
C 22π
D 24π
E 30π

3. Identify the error:
John Updike, like a number of modern novelists, created a serialized character, but unlike other writers, the saga of Updike's Rabbit Angstrom actually won the Pulitzer Prize for literature.
A like
B of
C other writers
D for literature
E no error

4. Fill in the blanks: Because Roberta had not ____ her company through the usual legal pathways, the Internal Revenue Service considered her firm's tax-exempt status to be a ____ matter.
A established . . disputable
B determined . . confirmed
C verified . . contradictory
D undermined . . adverse
E quantified . . specialize

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ANSWER KEY: 1. D; 2. B; 3. C; 4. A

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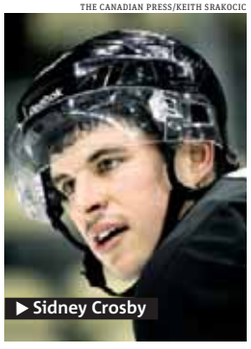

▶ Sidney Crosby

Crosby to return vs. Isles tonight

Sid the Kid is back.

Penguins superstar Sidney Crosby will make his season debut tonight against the New York Islanders in Pittsburgh, his first game in nearly a year since being sidelined with concussion symptoms.

Crosby hasn't played since taking head shots in consecutive games in January against Washington and Tampa Bay.

The 2007 NHL MVP spent the last 10 months undergoing a painstakingly thorough rehabilitation that left him wondering when — or even if — he'd play again.

His return ends weeks of speculation that appeared to put the ever-polite Crosby on edge. The 24-year-old Cole Habour, N.S., native declined repeated interview requests in recent weeks as the speculation about a possible return date reached a fever pitch.

His teammates stressed there was no need for Crosby to rush, and the Penguins have been one of the league's top teams through the season's first six weeks.

Yet they understand they're not the same without Crosby.

"We know what he means to this team, this city," defenceman Kris Letang said. "He's a special player." THE CANADIAN PRESS

"We know how badly he wants to play. We want it too, because it means that he's healthy, and that's all you ever really want for him."
PENGUINS FORWARD MATT COOKE ON SIDNEY CROSBY

Relentless B.C. Lions bring down Eskimos

Pressure up front, tight secondary too much for Ricky Ray and Co.

DARRYL DYCK/THE CANADIAN PRESS

▶ B.C.'s Geroy Simon makes a touchdown reception as Jykine Bradley defends yesterday.

Blitzes, pressure and a secondary that wouldn't give in.

It was too much for Edmonton quarterback Ricky Ray yesterday as the B.C. Lions beat the Eskimos 40-23 in the CFL West final.

"We turned the football over when we had an opportunity to inch back," said Ray, who threw three interceptions and whose club trailed by scores of 33-6 and 40-16 late in the game.

"There was a lot of plays out there that we didn't make and they did."

Ray was sacked at key times by nose tackle Khalif Mitchell and defensive back Anthony Reddick and also had to hurry throws or dump the ball out of bounds.

40	23
LIONS	ESKIMOS

"They're a good front, they're able to get a lot of pressure," said Ray, who completed 21-of-40 passes for 297 yards — much of them late in the game when the issue was decided.

Ray reached the 40,000-yard passing plateau during the season and is now 6-3 as a playoff starter

"They do a good job of mixing in some blitzes to keep you off balance and they just make it tough on you all night," he said.

"That's why they're where they're at."

Where the Lions are at is at home for Sunday's Grey Cup game against the Winnipeg Blue Bombers, who bested the Hamilton Tiger-Cats 19-3 in the East final.

Veteran defensive back Korey Banks set the tone with a fillings-popping tackle on Eskimo receiver Fred Stamps, the only CFL all-star on the Edmonton roster compared with nine for B.C.

Banks said the hit was intended to send an early message.

"Big-time players show up for big-time games," said Banks. "I live for moments like this, playing against great receivers, that's what football's about." THE CANADIAN PRESS

Bombers run away with East title

Chris Garrett says he's dreamed of winning the Grey Cup and being named most valuable player.

Now the Blue Bombers running back has a chance to accomplish that after rushing 29 times for 190 yards and one touchdown as Winnipeg defeated the Hamilton Tiger-Cats 19-3 in yesterday's CFL East Division Final.

19	3
BOMBERS	TICATS

Winnipeg advances to the 99th Grey Cup in Vancouver on Nov. 27 against the B.C. Lions.

"It's getting closer and closer to being true," Garrett said of the dream where he scores a pair of touchdowns. "But there's some work to be done to get to that stage. I'm just ready to work so I can get there."

Defensive lineman Jason Vega scored Winnipeg's other touchdown as a receiver and Justin Palardy booted field goals from 22 and 37 yards.

It was the rookie Vega's second reception this season and his first career TD will go down as a three-yard pass from backup quarterback Alex Brink. THE CANADIAN PRESS

4 sports

Quoted

"They came out perfectly, I couldn't have designed them better myself."
TORONTO OUTFIELDER JOSE BAUTISTA ON THE BLUE JAYS' NEW UNIFORMS, UNVEILED ON FRIDAY. THE UPDATED LOOK IS A MODERN TAKE ON THE JAYS' CHAMPIONSHIP OUTFITS OF THE EARLY '90S.

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	19	11	5	2	1	73	58	25	5-3-1-1	6-2-1-0	6-2-1-1	L1
d-Buffalo	20	12	8	0	0	58	51	24	5-6-0-0	7-2-0-0	6-4-0-0	L1
d-Florida	19	10	6	0	3	56	48	23	3-2-0-3	7-4-0-0	5-2-0-3	W1
Pittsburgh	20	11	6	1	2	60	50	25	6-1-1-0	5-5-0-2	5-4-0-1	L2
Toronto	21	11	8	1	1	63	69	24	6-3-1-1	5-5-0-0	4-5-0-1	L1
NY Rangers	17	10	4	1	2	47	37	23	5-1-0-1	5-3-1-1	7-2-0-1	L1
Boston	18	11	7	0	0	64	39	22	8-5-0-0	3-2-0-0	8-2-0-0	W8
Ottawa	21	10	9	1	1	62	70	22	5-4-0-1	5-5-1-0	4-4-1-1	L1
Washington	18	10	7	0	1	58	56	21	6-1-0-1	4-6-0-0	3-6-0-1	L4
New Jersey	18	10	7	0	1	49	50	21	4-3-0-1	6-4-0-0	6-4-0-0	W2
Montreal	20	9	8	1	2	53	49	21	4-4-1-2	5-4-0-0	6-2-1-1	W1
Tampa Bay	19	9	8	0	2	54	60	20	6-2-0-0	3-6-0-2	5-5-0-0	L1
Winnipeg	20	8	9	2	1	58	65	19	5-3-0-0	3-6-2-1	5-3-2-0	W3
Carolina	21	7	11	2	1	49	70	17	5-5-0-1	2-6-2-0	3-7-0-0	W1
NY Islanders	17	5	9	2	1	35	56	13	5-5-1-0	0-4-1-1	2-5-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	20	12	5	2	1	47	40	27	7-2-1-0	5-3-1-1	9-1-0-0	W4
d-Chicago	21	12	6	1	2	71	67	27	7-1-0-2	5-5-1-0	5-4-1-0	L2
d-San Jose	18	12	5	1	0	57	43	25	5-3-1-0	7-2-0-0	7-2-1-0	W3
Nashville	19	10	5	3	1	53	48	24	4-2-2-1	6-3-1-0	6-1-3-0	L1
Phoenix	18	10	5	1	2	51	45	23	5-3-1-1	5-2-0-1	7-2-1-0	W1
Detroit	19	11	7	1	0	53	43	23	7-2-1-0	4-5-0-0	6-3-1-0	W2
Los Angeles	20	10	7	1	2	49	48	23	6-5-0-1	4-2-1-1	4-5-0-1	L1
Dallas	19	11	8	0	0	49	54	22	6-3-0-0	5-5-0-0	4-6-0-0	L5
Edmonton	19	10	7	0	2	50	45	22	6-2-0-1	4-5-0-1	5-5-0-0	W1
St. Louis	19	10	7	0	2	48	43	22	7-1-0-1	3-6-0-1	5-3-0-2	L1
Vancouver	20	10	9	0	1	58	57	21	5-3-0-1	5-6-0-0	6-4-0-0	W1
Colorado	21	9	11	1	0	56	65	19	3-7-0-0	6-4-1-0	2-7-1-0	L1
Calgary	18	8	9	1	0	41	47	17	4-5-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	20	6	10	1	3	41	62	16	4-6-0-0	2-4-1-3	1-6-1-2	L4
Columbus	19	4	13	0	2	43	69	10	3-6-0-1	1-7-0-1	3-6-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Vancouver 2 Ottawa 1 (OT)
Carolina 3 Toronto 2
Detroit 4 Anaheim 2
San Jose 4 Colorado 1
Saturday's results
Edmonton 9 Chicago 2
Montreal 4 N.Y. Rangers 0
Toronto 7 Washington 1
Winnipeg 6 Philadelphia 4
Boston 6 N.Y. Islanders 0
Columbus 4 Nashville 3 (OT)
Detroit 4 Los Angeles 1
Florida 3 Pittsburgh 2
Minnesota 3 St. Louis 2 (SO)
New Jersey 4 Tampa Bay 2
Phoenix 4 Buffalo 2
San Jose 4 Dallas 1
Tonight's games
Carolina at Philadelphia, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Phoenix at Washington, 7 p.m.
Calgary at Columbus, 7 p.m.
Boston at Montreal, 7:30 p.m.
New Jersey at Florida, 7:30 p.m.
Edmonton at Dallas, 8:30 p.m.
Tomorrow's games
Toronto at Tampa Bay, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Edmonton at Nashville, 8 p.m.
Wednesday's games
Boston at Buffalo, 7 p.m.
Columbus at New Jersey, 7 p.m.
Philadelphia at N.Y. Islanders, 7 p.m.
St. Louis at Pittsburgh, 7 p.m.
Winnipeg at Washington, 7 p.m.
Montreal at Carolina, 7 p.m.
Calgary at Detroit, 7 p.m.
N.Y. Rangers at Florida, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.
Vancouver at Colorado, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Chicago at San Jose, 10:30 p.m.

HURRICANES 3, MAPLE LEAFS 2

First Period
1. Carolina, Harrison 2 (Skinner, E.Staal) 19:31
Penalty — Phaneuf Tor (hooking) 8:46.
Second Period
2. Carolina, Jokinen 4 (Faulk, Ponikarovsky) 7:05 (pp)
Penalties — Frattin Tor (hooking) 5:06, Kessel Tor (hooking), Bra.Sutter Car (roughing) 7:54, Gunnarsson Tor (slashing) 13:24, Ruutu Car (slashing) 14:10, Bozak Tor (high-sticking) 19:21.
Third Period
3. Toronto, Kessel 15 (Phaneuf, Connolly) 4:31 (pp)
4. Carolina, Skinner 8 (E.Staal, Allen) 13:08
5. Toronto, Kessel 16 (Liles, Connolly) 19:00
Penalties — Colborne Tor (slashing), LaRose Car (cross-checking) 3:08, Ponikarovsky Car (elbowing) 4:06, Kessel Tor (slashing) 16:24.
Shots on goal by

Toronto	5	7	13	25
Carolina	10	19	12	41

Goal — Toronto: Scrivens (L,2-4-1); Carolina: Ward (W,7-8-2).
Power plays (goals-chances) — Toronto: 1-2; Carolina: 1-5.
Referees — Dan O'Halloran, Gord Dwyer.
Linesmen — Ryan Galloway, Anthony Sericolo.
Att. — 13,187 (18,680) at Raleigh, N.C.

CANUCKS 2, SENATORS 1 (OT)

First Period
No Scoring.
Penalties — Greening Ott (interference) 2:31, Da Costa Ott (high-sticking) 5:09, Alberts Vcr (hooking) 14:18.
Second Period
1. Vancouver, H.Sedin 7 (D.Sedin, Kesler) 2:31 (pp)
Penalties — Gonchar Ott (tripping) 0:44, Alberts Vcr (boarding) 8:40, Bieksa Vcr (high-sticking) 14:56, Volpatti Vcr (hooking) 18:28, Gonchar Ott (high-sticking) 18:46.
Third Period
2. Ottawa, Greening 6 (Spezza, Gonchar) 3:32
Penalty — Bieksa Vcr (tripping) 8:46.
Overtime
3. Vancouver, Higgins 7 (Hamhuis, Salo) 2:18
Penalties — None.
Shots

Ottawa	8	8	11	2—29
Vancouver	8	6	10	3—27

Goal*@* — Ottawa: Auld (L,0-3-1); Vancouver: Schneider (W,3-4-0).
Power plays (goals-chances) — Ottawa: 0-4; Vancouver: 1-4.
Referees — Tim Peel, Kelly Sutherland. **Linesmen** — Vaughan Rody, Mark Wheler.
Attendance — 18,860 (18,860) at Vancouver.

SCORING LEADERS

	G	A	PT
Kessel, Tor	14	13	27
Giroux, Pha	11	15	26
Vanek, Buf	11	13	24
Lupul, Tor	10	14	24
Ma.Hossa, Chi	9	14	23
Kopitar, LA	9	14	23
Pominville, Buf	8	15	23
D.Sedin, Vcr	6	17	23
Versteeg, Fla	9	13	22
P.Kane, Chi	7	15	22
Seguin, Bos	11	10	21
H.Sedin, Vcr	6	15	21
Neal, Pgh	12	8	20
Backstrom, Wash	5	15	20
Plekanec, Mtl	5	15	20

Last night's games not included

GOLF

PRESIDENTS CUP

At Melbourne, Australia
Yesterday's results
U.S. 19, INTERNATIONAL 15
SUNDAY
Singles
U.S. 6, International 6
K.T. Kim, International, def. Webb Simpson, U.S., 1 up.
Charl Schwartzel, International, def. Dustin Johnson, U.S., 2 and 1.
Ryo Ishikawa, International, def. Bubba Watson, U.S., 3 and 2.
Geoff Ogilvy, International, def. Bill Haas, U.S., 2 up.
Hunter Mahan, U.S., def. Jason Day, International, 5 and 3.
Nick Watney, U.S., def. K.J. Choi, International, 3 and 2.
Adam Scott, International, def. Phil Mickelson, U.S., 2 and 1.
Retief Goosen, International, def. Matt Kuchar, U.S., 1 up.
Jim Furyk, U.S., def.. Ernie Els, International, 4 and 3
David Toms, U.S., def. Robert Allenby, International, 7 and 5.
Tiger Woods, U.S., def. Aaron Baddeley, International, 4 and 3.
Steve Stricker, U.S., def.. Y.E. Yang, International, 2 and 1.

NFL

WEEK 11

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	5	0	.500	228	217
Buffalo	5	5	0	.500	237	253
Miami	3	7	0	.300	193	186

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	5	0	.500	203	195
Jacksonville	3	7	0	.300	125	180
Indianapolis	0	10	0	.000	131	300

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	3	0	.700	256	176
Pittsburgh	7	3	0	.700	220	179
Cincinnati	6	4	0	.600	236	195
Cleveland	4	6	0	.400	145	193

WEST

	W	L	T	Pct	PF	PA
Oakland	6	4	0	.600	235	254
Denver	5	5	0	.500	205	247
Kansas City	4	5	0	.444	141	218
San Diego	4	6	0	.400	236	259

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	6	4	0	.600	250	206
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	6	0	.400	237	213
Washington	3	7	0	.300	160	205

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	6	4	0	.600	235	213
Tampa Bay	4	6	0	.400	182	268
Carolina	2	8	0	.200	225	286

NORTH

	W	L	T	Pct	PF	PA
Green Bay	10	0	0	1.000	355	212
Detroit	7	3	0	.700	301	219
Chicago	7	3	0	.700	268	207
Minnesota	2	8	0	.200	200	271

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	1	0	.900	256	145
Seattle	4	6	0	.400	168	209
Arizona	3	7	0	.300	190	236
St. Louis	2	8	0	.200	120	247

Open: Houston, Indianapolis, New Orleans, Pittsburgh
Yesterday's results
Green Bay 35, Tampa Bay 26
Oakland 27, Minnesota 21
Detroit 49, Carolina 35
Dallas 27, Washington 24, OT
Cleveland 14, Jacksonville 10
Baltimore 31, Cincinnati 24
Miami 35, Buffalo 8
San Francisco 23, Arizona 7
Seattle 24, St. Louis 7
Chicago 31, San Diego 20
Atlanta 23, Tennessee 17
Philadelphia 17 N.Y. Giants 10
Thursday's results
Denver 17, N.Y. Jets 13
Tonight's game
Kansas City at New England, 8:30 p.m.

HOCKEY

AHL

Last night's result
Abbotsford 1 Houston 0 (SO)
Toronto 4 Peoria 3
Bridgeport 5 Adirondack 3
Charlotte 4 Rockford 3
Connecticut 3 Providence 2 (SO)
Milwaukee 3 San Antonio 1
Worcester 3 Wilkes-Barre/Scranton 1

CURLING

CANADIAN MIXED CURLING CHAMPIONSHIP

At Sudbury, Ont.

Province (Skip)	W	L
y-Alberta (Balderston)	11	2
x-Saskatchewan (Ackerman)	9	4
x-New Brunswick (Robichaud)	9	4
B.C. (Marshall)	8	5
P.E.I. (Gallant)	8	5
Ontario (M.Homan)	8	5
Manitoba (Grassie)	8	5
Quebec (Ferland)	8	5
Northern Ont. (Assad)	7	6
N.W.T. (Moss)	6	7
N.L. (Alcock)	4	9
Nova Scotia (Sutherland)	4	9
Nunavut (Sattelberger)	1	12
Yukon (Hamilton)	0	13

y — clinched championship berth.
x — clinched semifinal berth.
PLAYOFFS
Championship
Saturday's results
Saskatchewan (Ackerman) 8 Alberta (Balderston) 7 (extra end)
Friday's results Results
Draw 19
Manitoba 10 Nunavut 5
Newfoundland and Labrador 8 Nova Scotia 6
P.E.I. 10 Yukon 2
End of Round Robin
Semifinal
Saskatchewan (Ackerman) 8 New Brunswick (Robichaud) 3

TRANSACTIONS

NHL

BOSTON — Reassigned D Marc Cantin from Reading (ECHL) to Providence (AHL).
N.Y. ISLANDERS—Recalled F David Ullstrom from Bridgeport (AHL). Placed G Al Montoya on injured reserve, retroactive to Nov. 15.
ST. LOUIS — Recalled F Brett Starling from Peoria (AHL).
WASHINGTON — Recalled D Dmitry Orlov from Hershey (AHL).

FOOTBALL

CIS PLAYOFFS

Friday's results
All times Eastern

UTECK BOWL

At Moncton, N.B.
McMaster 45 Acadia 21

MITCHELL BOWL

Laval 41 Calgary 10
Friday, Nov. 25

VANIER CUP

At Vancouver
Uteck vs. Mitchell Bowl winners, 9 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games
All times Eastern
EAST
Winnipeg 19 Hamilton 3
WEST
Edmonton 40 B.C. 23

99TH GREY CUP

Sunday, Nov. 27
At Vancouver
East vs. West champion, 6:30 p.m.

LIONS 40, ESKIMOS 23

First Quarter
B.C. — FG McCallum 31 4:29
B.C. — FG McCallum 42 13:18
Second Quarter
Edm — FG Schiavone 40 0:18
B.C. — TD Simon 53 pass from Lulay (McCallum convert) 9:32
B.C. — TD Harris 14 pass from Lulay (McCallum convert) 11:59
B.C. — FG McCallum 44 14:11
B.C. — FG McCallum 17 15:00
Third Quarter
Edm — FG Schiavone 32 3:37
B.C. — TD Harris 13 run (McCallum convert) 6:42
Edm — FG Schiavone 21 12:15
Fourth Quarter
Edm — TD Barnes 31 pass from Ray (Schiavone convert) 5:35
B.C. — TD Lulay 61 run (McCallum convert) 8:59
Edm — TD Stampas 19 pass from Ray (Schiavone convert) 11:05

Edmonton	**0**	**3**	**6**	**14**	**—23**
B.C.	**6**	**20**	**7**	**7**	**—40**

Att. — 41,313 at Vancouver.

BLUE BOMBERS 19, TIGER-CATS 3

First Quarter
Ham — FG Medlock 18 7:59
Second Quarter
Wpg — TD Vega 3 pass from Brink (Palardy convert) 4:25
Wpg — FG Palardy 22 12:09
Third Quarter
Wpg — FG Palardy 37 7:02
Fourth Quarter
Wpg — TD Garrett 3 run (convert not attempted) 15:00

Hamilton	**3**	**0**	**0**	**0**	**—3**
Winnipeg	**0**	**10**	**3**	**6**	**—19**

Att. — 30,051 at Winnipeg.

SOCCER

MLS PLAYOFFS

MLS CUP

Last night's result
At Carson, Calif.
All times Eastern
Los Angeles 1 Houston 0

ENGLAND

PREMIER LEAGUE

Yesterday's result
Chelsea 1 Liverpool 2

LEAGUE CHAMPIONSHIP

Yesterday's results
Millwall 1 Bristol City 2
Leicester 3 Crystal Palace 0

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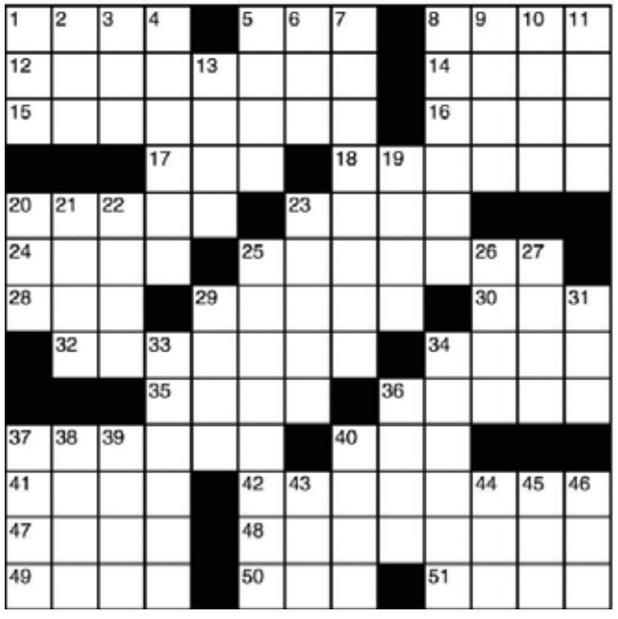
Crossword



Across
1 Heights (Abbr.)
5 Madam's counterpart
8 Droops
12 Trust
14 Hint
15 Bribe
16 Unusual
17 Small barrel
18 The hot wings caused his downfall
20 Maximum
23 Winter precip
24 First man
25 Table tennis tools
28 Ottoman ruler
29 Indeed
30 Existed
32 VIP
34 Lima's land
35 Humor writer Bombeck
36 High nest
37 Deli meat
40 Have debts
41 Advertisement
42 Close associate
47 Top-notch
48 DNA, on "CSI"
49 Burn somewhat
50 Upper House member (Abbr.)
51 TV host Carson

Down
1 Noah's boat
2 Island memento
3 Pampering, for short
4 Himalayan region
5 Unforeseen problem
6 Former transp. agency
7 Arouse anew
8 Write sloppily
9 Winged
10 Mentor
11 Gets a glimpse of
13 Aid and —
19 Buffalo Bill's last name
20 Science workroom
21 Mid-month date
22 "Hold the —"
23 Finnish bath
25 Vows
26 Basin accessory
27 Hindu wrap
29 Expression
31 Take to court
33 Scanty
34 Cheated at hide-and-seek
36 Dumbstruck
37 Health resorts
38 Lotion additive
39 Moon goddess
40 Valhalla bigwig
43 "— Got a Secret"
44 — moment
45 M divided by IV
46 Indispensable

▶ Thursday's answer

S	E	C		U	S	E	D		M	U	S	S
I	R	A		R	E	N	O		O	R	A	L
C	A	L	A	B	A	S	H		I	N	F	O
		A	J	A	R			B	E	S	E	T
A	M	M	A	N		S	O	R	T			
C	O	A	X		S	P	R	A	Y	C	A	N
T	A	R		M	A	I	Z	E		A	T	E
S	T	I	L	E	T	T	O		P	L	O	W
			I	N	E	Z		L	O	A	M	S
S	N	A	R	U			A	H	E	M		
L	I	C	E		C	A	L	A	M	I	N	E
A	G	A	R		O	N	U	S		T	E	N
T	H	I	S		B	A	M	A		Y	E	T

Sudoku

	5	6					3	
1					7		4	
3			2		6	5		
	1			7		8		9
8		7		4			6	
		2	1		9			8
	3		8					6
	4					2	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Thursday's answer ▶

5	2	1	7	8	4	6	3	9
4	9	8	3	5	6	7	2	1
7	6	3	2	1	9	4	5	8
6	3	2	5	4	8	9	1	7
9	7	5	6	3	1	2	8	4
1	8	4	9	7	2	3	6	5
2	4	7	1	6	5	8	9	3
8	5	6	4	9	3	1	7	2
3	1	9	8	2	7	5	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Friends
Hey friends!!! Look at us go, the fall term of university of our 1st year is almost over! If I'm lucky you'll be reading this with a huge smile on your face when you're on your way to school. Different faculties and schedules, I miss seeing you guys! Good luck on your finals and can't wait to catch up with you once all this craziness is over! Smiles, TChow
FROM TCHOW

RT14344
Happy Anniversary, my love!
FROM THE OBVIOUS

To 1 Guy
Xtra Xcited zest does Ooo zone done u no wat 2 do. thinking of you. n only you. smile!
FROM 1 GAL

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -5°	Min 0°	Min -2°
Max -1°	Max 10°	Max 7°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's time for a change. Make it a big one.

♉ Taurus April 21-May 21 You may have to be ruthless with someone you have dealings with today, especially if they have been wasting your time on trivialities.

♊ Gemini May 22-June 21 You can make yourself happy or you can make yourself sad – it takes the same effort.

♋ Cancer June 22-July 22 What the planets are trying to tell you is that you have been pushing yourself too hard. Ease up.

♌ Leo July 23-Aug.23 Set your own targets and make your own rules. All things are possible now.

♍ Virgo Aug. 24- Sept. 22 Sit down with loved ones and discuss what has gone wrong – and what needs to be done to bring back the good times.

♎ Libra Sept. 23-Oct. 23 No matter how many misunderstandings there may have been in recent weeks the approaching solar eclipse will make getting through to other people very easy indeed.

♏ Scorpio Oct. 24-Nov. 22 Less is more, for now.

♐ Sagittarius Nov. 23-Dec. 21 A little bit of optimism will go a long way over the coming week

♑ Capricorn Dec. 22-Jan. 20 You cannot be bothered with trivialities. It's the big questions that excite you.

♒ Aquarius Jan. 21-Feb. 18 Beneath the surface people everywhere are pretty much the same, so reach out and make contact

♓ Pisces Feb. 19-March 20. You will be under a lot of pressure today, but there is no doubt at all that you can handle it, so don't panic

SALLY BROMPTON

Caption contest

GERALD HERBERT/THE ASSOCIATED PRESS

FRANCOIS MORI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Tues. Nov. 29th
9am—9pm

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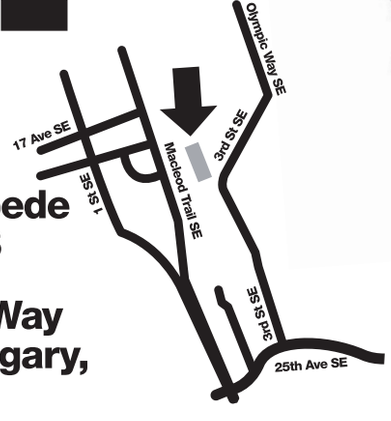

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